



Mangia in March

Hosted by:
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Menu

Artichoke Frittata Squares
Cheese Puffs

Antipasto

Seafood Pasta
Salad with Raspberry Vinaigrette

Vanilla Panna Cotta with
Mixed berry compote

Limoncello

Artichoke Frittata Squares - 40 squares

12 oz jar marinated artichoke hearts
1 small onion, finely chopped
¼ cup fine, dry bread crumbs
1/8 tsp. pepper
1/8 tsp. oregano
1/8 tsp. Tabasco sauce
2 Tbsp. fresh parsley, chopped
¼ tsp. salt
2 cups grated Cheddar cheese
4 eggs

Drain artichokes, saving marinade from one jar. In marinade, sauté onion. Chop artichokes. Beat eggs and add crumbs and seasoning. Stir in remaining ingredients. Pour into 7x11 inch pan. Bake at 325 degrees for 30 minutes. Let cool a little before cutting into squares. Serve hot or cold.

From Colorado Cache Cookbook

Cheese Puffs - 30 puffs

6 Tbsp. unsalted butter, diced small
1 cup water
1 tsp. salt
1 cup all-purpose flour
5 eggs
1 cup (4 oz) grated Emmenthaler or Gruyere cheese
¼ tsp freshly grated nutmeg
freshly ground pepper

In saucepan, combine butter, water and salt and bring to boil over medium heat, stirring often. Remove from heat. Immediately pour in flour all at once and stir vigorously until smooth. Put the pan back on gentle heat and continue to stir until there are no lumps and the mixture pulls away from the pan sides. Remove from heat and add eggs, one at a time, making sure each egg is thoroughly mixed in. Work dough as little as possible. Dough should be shiny and hold shape.

While still warm, vigorously beat in cheese, nutmeg and pepper.

Either spoon, or use pastry bag and pipe, mixture onto nonstick baking sheet about 2 inches apart.

Bake at 450 degrees, 15-20 minutes until puffed and golden. Serve warm or cool.

CALABRESE ANTIPASTO — In my childhood home in California's Central Valley, this antipasto was far and away the favorite and the most frequently on the table. It was an attempt to re-create a taste my parents brought from southern Italy, using the products they could find here. You can buy a similar antipasto in many Italian delis today, but it's easy to make your own. I make it for parties because you can assemble it ahead, and the recipe makes a massive amount. My mother would can it, but it also lasts for at least a couple of weeks in the refrigerator.

Calabrese Antipasto is the comfort food I reach for when I come home from work late. With some chunks of *ciabatta* (a large, crusty, slipper-shaped loaf) and a glass of white wine, I'm content.

1 cauliflower, cut into bite-size florets
4 carrots, peeled and cut on the diagonal into ½-inch-thick slices
4 inner celery ribs, cut on the diagonal into ½-inch-thick slices
½ cup white wine vinegar
¾ pound small fresh button mushrooms.
1 jar (7 ½ ounces) *peperoncini* (pickled green peppers)
1 can (7 ounces or 200 grams) imported olive oil–packed tuna, drained
1 tin (2 ounces) anchovies with capers, drained
1 can (3 ounces) pitted black olives, drained
1 jar (5 ounces) pimiento-stuffed Spanish olives, drained
1 jar (12 ounces) baby kosher dill pickles, drained and sliced ½ inch thick
1 jar (7 ½ ounces) pickled onions, drained
2 jars (6 ½ ounces each) marinated artichoke hearts, drained

ANTIPASTO SAUCE:

¼ cup extra-virgin olive oil
1 clove garlic, minced
¾ cup canned tomato sauce
½ cup ketchup
6 tablespoons fresh lemon juice
¼ cup tarragon vinegar
1½ teaspoons brown sugar
1½ teaspoons Worcestershire sauce
1½ teaspoons prepared horseradish
Sea salt, preferably gray salt
Cayenne pepper

Bring a large pot of water to a boil and salt it generously. Blanch the cauliflower for about 2 minutes; it should still be crisp. With a skimmer, transfer the florets to a tray to cool quickly. Repeat with the carrots and then with the celery, cooking them just long enough to remove their raw taste; they will be cooked more later.

Add the white wine vinegar to the water and blanch the mushrooms for 1 minute. (The vinegar will keep the mushrooms white.) Drain and spread the mushrooms on a tray to cool quickly.

Put the cauliflower, carrots, celery, and mushrooms in a large bowl. Add the *peperoncini*, tuna, anchovies, olives, pickles, onions, and artichoke hearts. Toss well.

Make the sauce: Heat the olive oil in a large pot over moderate heat. Add the garlic and sauté until golden. Add the tomato sauce, ketchup, lemon juice, tarragon vinegar, brown sugar, Worcestershire sauce, horseradish, and salt and cayenne pepper to taste. Bring the sauce to a simmer. Add the contents of the bowl. Stir well, then cover and simmer gently until the carrots are tender, 12 to 15 minutes. Cool, then refrigerate.

MAKES ABOUT 1 GALLON, TO SERVE AT LEAST 12

PICTURED ON FOLLOWING PAGE

Michael's Notes: My kids have always enjoyed making this dish with me because there are so many little jars to open. Make the recipe your own by substituting your favorite pickled or preserved foods, then passing the recipe on to your own children.

Marinated Zucchini

4 to 6 people

2 pounds young, firm zucchini
extra-virgin olive oil as needed
5 large cloves garlic, sliced
¼ cup chopped fresh basil, mint, or
Italian parsley
¼ cup red wine vinegar
salt and freshly milled black pepper

Preheat oven to 500 degrees F. Cut off the stems and navels from the zucchini and cut lengthwise into 1/8 inch thick slices. Brush 2 baking sheets with olive oil. Place the zucchini slices on the sheets and brush tops with olive oil. Bake on middle rack of oven until tender and beginning to brown, 15 to 20 minutes, turning them once halfway through the cooking, and brushing the second side with olive oil.

Select a serving dish in which you will be able to put at least 3 layers of the cooked zucchini slices. Arrange some of zucchini slices in a single layer. Drizzle with olive oil. Strew over some of the garlic slices and basil, mint or parsley, and sprinkle with some of the vinegar and salt and pepper. Continue with all of the slices in this manner. Cover and chill overnight. Bring to room temperature the following day.

Grilled Eggplant

One or two days ahead, mix in a bowl:

1 cup olive oil
4 crushed cloves garlic

Peel and cut the eggplant into ½ inch thick slices. Sprinkle each side with a little salt and arrange slices on a paper towel. Cover and weigh down for an hour before cooking. To cook, brush each side of the eggplant with garlic oil and arrange them on a cookie sheet. Place under the broiler 6 inches from the heat source and cook about 5 minutes per side until golden brown and soft.

Peppers

Preheat broiler. Place whole peppers under hot broiler about 10 minutes, turning occasionally, until skins are evenly blistered and blackened. Transfer to a plastic bag a few minutes, then peel away and discard skins. Cut peppers in half, remove and discard skins.

Raspberry Salad Dressing

1 Tbsp. Dijon mustard
3 Tbsp. raspberry vinegar
1 tsp. sugar
salt and pepper to taste
1/3 cup extra virgin olive oil

Whisk together.

If you don't have raspberry vinegar, substitute 1 tsp. raspberry jam for sugar and use red wine vinegar.

from Stanford Parents' Club Cookbook

Seafood Pasta

1 tbsp butter
8 green onions finely minced
½ can diced tomatoes-drain very well (put on paper towel
for a few minutes after draining)
16 jumbo dried pasta shells
1 cup cream cheese
6 tbsp. milk
pinch of fresh, finely grated nutmeg
6 oz fresh shrimp meat
4 oz crabmeat
½ cup chopped, frozen spinach, thawed and drained well
salt and pepper to taste

Melt butter and gently cook green onions 3-4 minutes. Set aside.
Combine cream cheese and milk in saucepan and heat gently, stirring until
blended. Season with ¼ teaspoon salt and ¼ teaspoon pepper and 1/8
teaspoon of grated nutmeg. Measure 2 tablespoons of sauce into a bowl.
Add to this; green onions, diced tomatoes, shrimp and crab meat. Mix
gently.

Cook pasta shells in lightly salted boiled water about 10 minutes. Scoop out
gently and drain.

Spoon filing into the shells and place in a single layer in a 13x9 dish. Cover
and cook in preheated 300 degree oven for 15 minutes.

While this is baking, add spinach to remaining sauce. Bring to a low boil
and simmer gently for 2 minutes (stirring at all times). Remove pasta shells,
drizzle sauce over and serve. Serves 4 people

VANILLA PANNA COTTA WITH MIXED-BERRY COMPOTE

Refrigerate these silky puddings for at least six hours and up to one day before serving.

1/4 cup cold water

2 1/2 teaspoons unflavored gelatin (from 2 packages)

3 cups whipping cream

1 cup sugar

1 1/2 teaspoons vanilla extract

4 1/2-pint baskets assorted fresh berries (such as raspberries, blueberries, blackberries, and strawberries)

1/3 cup sweet white wine (such as Moscato)

Pour 1/4 cup cold water into small custard cup. Sprinkle gelatin over. Let stand until gelatin softens, about 15 minutes. Bring 1 inch of water in small skillet to boil. Place cup with gelatin in water. Stir until gelatin dissolves, about 2 minutes. Remove from heat.

Combine cream and 2/3 cup sugar in heavy medium saucepan. Stir over medium heat just until sugar dissolves. Remove from heat. Mix in vanilla and gelatin. Divide pudding mixture among 8 wineglasses. Cover and chill until set, at least 6 hours and up to 1 day.

Combine berries and remaining 1/3 cup sugar in medium bowl. Crush berries slightly with back of spoon. Mix in wine. Let compote stand until berry juices and sugar form syrup, stirring often, at least 1 hour and up to 2 hours.

Spoon compote over puddings.

Makes 8 servings.

Bon Appétit

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